

CONGREGATIONAL CLARION

2150 FOOTHILL DRIVE
SALT LAKE CITY, UTAH
801-487-1357

April 2018



APRIL WORSHIP SCHEDULE

April 1

Easter, Camp Sunday

Isaiah 25:6-9, Mark 16:1-8

“Turn From The Empty Tomb”

April 8.

Communion Sunday

Psalm 133, John 10:19-31

“Receive The Spirit”

April 15.

Psalm 4, Luke 24:36b-48

“Clothed With Power”

April 22

Psalm 23, John 10:11-18

“Enter Through The Gate”

April 29

Psalm 22:25-31, John 15:1-8

“Nourished by the Vine”



First Congregational Church

2150 S. Foothill Drive

Salt Lake City, Utah 84109

Phone: (801) 487-1357

Email: firstcongo@qwestoffice.net

Website: www.firstcongregationalslc.org

Office Hours:

Tuesday – Thursday: 8:30am – 3:00pm

Friday: 8:00am – Noon

Sunday Worship Services:

Morning Brew at 9:30am

Traditional Worship at 11:00am

Nursery Provided

Senior Minister:	Rev. Marijke Rossi
Moderator:	Tom Simons
1st Assoc. Moderator:	Marge Kimes
2nd Assoc. Moderator:	Wendy Haupt
Treasurer:	Scott Hanson
Financial Secretary:	Mike McIntire
Church Clerk:	Ken Rockwell
Board of Trustees:	Mike McIntire
Board of Deacons:	Carla McIntire
Outreach Board:	Diane Forster-Burke
Christian Education:	Pam Svikhart
Youth Director:	Molly Connor
Membership Board:	Cissy Wolff
Parish Nurses:	Diane Forster-Burke, Marge Kimes, Lynne Calame
Camp Fellowship:	Christine Madsen and Shaun McIntire
Garden of Grace:	Scott & Jeanne Hansen
Choir Director:	Devon Bettolo
Organist:	Teresa Clawson
Church Secretary:	Kristi Hanson

REFLECTIONS FROM THE REV.....

Rev. Marijke Rossi

Happy Easter! Jesus is alive and well in our hearts and minds. He is risen. This is such a great time of year in the liturgical calendar. We get to relive and rebirth our relationship with God. May we receive the renewal we have been seeking during Lent. It was lovely to share services with our friends at HUCC.

We are entering again into a time of looking to the future of our church. We will be having some meetings and making some big decisions. Please also be thinking about your role here as a member in covenant. The nominating committee is looking to fill the roles on each board that has openings. Let's be in prayer about all of this.

May we be led by the wisdom we all receive from God. God give us wisdom to understand where we are going as your church. Bless our conversations and help us to know the best solution to further your kingdom of love here on earth.

Amen

CLARION DEADLINE



May Clarion Deadline will be April 18th. You can email your articles or leave them in the church office.

firstcongo@qwestoffice.net

Health Tip from Parish Nursing

Grief

By Diane Forster-Burke

First of all, understand that grief is **Work**, sometimes hard work, and that grief usually lasts, at a minimum, for over a year. In the first year following a death, people must pass through holidays, celebrations, and anniversaries such as birthdays, death anniversary, wedding anniversary, without the person who died. How someone works through his/her grief is very individual and can depend on the coping strategies that were developed following previous losses, the support network, and what age/developmental level is the person in grief. Grief can occur following a death, but also because of a loss of an important job or activity.

Children will experience grief differently from an adult. If they are in that elementary stage of Magical Thinking, they may mistakenly feel that they caused the death of a baby sibling. It is normal for children to feel “put out” by the entrance of a new baby into the family and may have wished the new intruder would “go away”. If the child hears phrases like “we put the person in the ground”, they may try to dig up the yard as they try to make sense of what happened. In my work as a SIDS nurse, a grieving mother found her 3 year old putting a small plastic baby doll into the dirt of a potted plant and then removing the doll as she tried to understand the process of burial. Children may also be afraid to go to bed because they have been told the person has gone to “sleep” or is “sleeping in heaven with Jesus”.

Hopefully, in previous experiences with grief, a person has learned some valuable life/death coping skills. If not, then this individual may need to seek counseling earlier than someone who can utilize learned coping skills. Some of these skills may be the ability to talk about the person who has died with friends/family, or taking good care of yourself: getting sleep, eating and

exercising. <http://www.apa.org/helpcenter/grief.aspx>. The Caring Connection at the UU has wonderful support groups and counselors who specialize in grief.

<https://healthcare.utah.edu/caring-connections/>

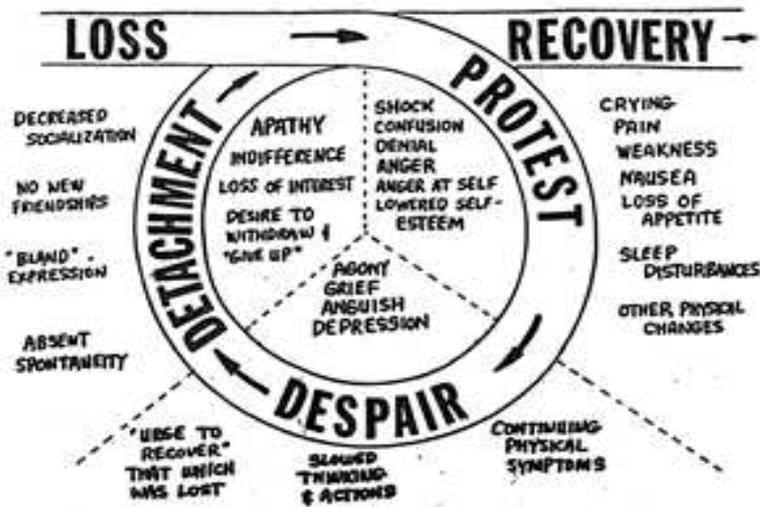
Elizabeth Kubler-Ross (1969) *On Death and Dying* identified stages for a person who is dying, including: denial, anger, bargaining, depression, and finally, acceptance. This was a landmark study for those of us in health care. I later found the work by Colin Murray Parkes & John Bowlby (1972) as they identified stages of grief.

<https://griefjourney.com/startjourney/for-professionals-and-caregivers/articles-for-professionals-and-caregivers/theories-of-grief/>

These stages were identified as: Shock and Numbness, Yearning and Searching, Disorientation and Disorganization, and Reorganization and Resolution. I also found a visual model by Parkes used by the Hospice of Boulder County. The model shows outward signs and inward feelings experienced by the person who is grieving. I used this model when teaching nursing students about grief and would argue that a person doesn't "Recover", but learns to "Manage" his/her life without the person who has passed. The "urge to recover that which was lost" was understood as sometimes having auditory or visual sensations of the person who died. In my SIDS work, a parent would sometimes tell me that he/she could still hear the baby crying or following a death in our hospice program, the surviving partner would often discuss how he/she could still hear the loved one driving into the garage at the usual time of day. These sensations are a part of grief work and not a sign of going crazy.

<https://www.verywell.com/the-four-phases-and-tasks-of-grief-1132550>

Grief Wheel



Some people still need to communicate something to the person who is dead. Techniques such as talking out loud, or writing messages and then burning the paper in a fire and allowing the smoke to carry the message can be helpful. Even though it isn't considered as proper etiquette to be mad at someone who is dead, the grieving person can still be mad about being left or about not being told about the finances etc. I think a good healthy yelling in frustration session can help.

Sorting through the clothing of the dead person is also a helpful task, but must be done in the grieving person's own time. I recall a time during my SIDS work when the parents were attending the funeral of their baby, and well-meaning friends went into their home and removed all of the baby's clothing, crib etc. The parents were devastated. Sorting through photos and making a memory book can also be helpful and therapeutic.

Some people will still buy a gift for a loved one for the first Christmas that he/she is gone. This is ok as it may have particular meaning for the person in grief. Planting a tree or shrub for an

expert gardener may be a meaningful experience in grief. Lynne Calame shared that when touring the Grief Center at the UU, they had a woman who would make a bear out of the fabric from clothing worn by the person who died. These weren't the cute button nose bears, but a "Care Bear" that can have very special meaning. These were not free.

So when is grief not normal? When the surviving person cannot speak about his/her grief or become engaged again in life and it has been several years since the loss. That deceased person's room in the home hasn't been touched since... and it is now a museum. If it is a complicated grief with several losses on top of each other in time or it is a suicide, this may compound the grief. Counseling is very helpful. I went to counseling when my parents died within 6 months of each other.

There are some wonderful books about grief. One that was particularly helpful was *The Year of Magical Thinking* (2007) by Joan Didion, who wrote about the first year after her husband died. She described grief as "being like a wave... You are walking along the shore, and suddenly out of nowhere, grief washes over you and knocks you down." It may hit when you are least expecting it. Just be certain to carry tissues for the tears.

What can others do to help? A phone call or card. Remember to invite to go for coffee, movie or a meal. Just listen. Even though our friend has told this story before about how the death occurred; LISTEN. No judging. Just Listen. Make a prayer shawl for him/her. Diane has a grief blend of aromatherapy essential oils that you can ask about if you are interested. Often someone in grief cannot express what he/she needs so an offer of "please let me know what you need" is beyond him/her. Don't ask. Just jump in an offer. "I'm bringing over a meal this week. Is Thursday ok with you?" Or bring in snacks that can be munched. These are vital if there are a lot of people from out of town gathered at the house. Lynne's daughter cleaned the house for a

friend before the funeral of her husband. What a gift!! In our hospice program in Tooele, several widows banded together to call each other on a regular basis and watch out for each other. They got together for meals, went to the movies, and just called on the phone.



FROM THE BOARD OF DEACONS

With the Lenten Season and Easter almost behind us, we move forward to Spring. We are always in need of liturgists and ushers to help make our worship more meaningful. If you would like to participate in either or both of these or have questions about them, please speak to any Deacon. We would love to have many participants.

The Deacons are in the process of purchasing new banners for the sanctuary. These will be similar to the ones hanging in the Narthex and will greatly add a sense of spiritual warmth to the sanctuary. We are also working on new flower arrangements for the Communion Table at the front of the sanctuary. Money that is donated for flowers is used to purchase these arrangements.

The Nominating Committee will soon be filling our boards and other positions for the next church year. Please consider becoming a Deacon. The Board of Deacons works hard to prepare the sanctuary for worship each Sunday. We work closely with Marijke and are always open to new ideas. You will definitely gain as much serving on this board as you give back to the church.

April Outreach

Morgan Scott Project

The financial recipient of donations during the month of April will be the Morgan Scott Project for Cooperative Christian Concerns in Deer Lodge, Tennessee. This program was established in 1972 to minister to the impoverished residents of the Morgan and Scott counties in eastern Tennessee. The Morgan Scott Project is a mission project for the NACCC. Their motto is "A hand up, not a hand out." <http://morganscottproject.org/>

Twenty-nine percent of families in this area fall below the poverty line. The focus of the Morgan Scott Project is not simply to give handouts, but to help area residents establish a better life for themselves. Area residents can see the love and compassion of Christ in action through this mission. The Morgan Scott Project provides several needed services to the residents in this part of Appalachia. These services include: a food pantry, a Good Earth Garden Program helping families to plant, cultivate, and harvest their own vegetables and fruit, emergency aide to pay utility bills especially for senior citizens, home repair, a summer day camp for 1st -8th graders in July, scholarships for educational expenses (books, tuition, travel expenses) for high school seniors going on to college, a thrift store, backpacks for younger students, and a free medical clinic (2 days a month). They are in the process of setting up a low cost dental clinic.



SPRING GARDEN RENEWAL at the Garden of Grace

Sat. April 14th 9am-noon

Located on the north side of FCC

GARDEN GOALS:

Install the last section of the Old Testament pathway stone pavers. Clip back the bushes & plants.
Plant some new flowers.



Please come for any amount of time you can.

Tools will be provided or you can bring your own.

Water, Coffee & Refreshments will be provided.

Call or text us if you have any questions. Thank you.

Hope to see you in the Garden of Grace for Good Times!

Jeanne Hansen 801.209.2823 Scott Hansen 801.556.7448

Jon and Ryan Hansen

TREASURER'S REPORT

For Period Ending February 28, 2018

CHURCH GENERAL FUND

	<u>February</u>	<u>Fiscal Year -to-Date</u>
Unrestricted Contributions	\$7,625.50	\$98,439.16
+ Other Unrestricted Revenue	\$7,102.97	\$45,712.29
+Transferred to General Fund From Designated Accounts Memorial Fund & FCC Trust	<u>\$576.50</u>	<u>\$5,925.84</u>
= Total Income	\$15,304.97	\$150,077.29
Total Expenses	<u>-\$21,539.59</u>	<u>-\$155,818.21</u>
= <i>Net General Fund Surplus (-Deficit)</i>	<u><u>-\$6,234.62</u></u>	<u><u>-\$5,740.92</u></u>

Data for comparison

YTD Budgeted Unrestricted Contributions	\$113,255.00
YTD Budgeted Total Income	\$155,270.00
YTD Budgeted Total Expenses	-\$155,707.00
Amt YTD Surplus is ahead of (+) or behind (-) Budget	-\$5,303.92

DESIGNATED ACCOUNTS

Designated Contributions

	<u>February</u>	<u>Fiscal Year -to-Date</u>
All Outreach Contributions	\$573.50	\$5,653.50
Other Designated Contributions	<u>\$12.00</u>	<u>\$1,145.74</u>
= <i>Total Designated Contributions</i>	<u><u>\$585.50</u></u>	<u><u>\$6,799.24</u></u>

April 2018 FCC Community Movie Schedule

Please come and experience some great movies. As always, popcorn will be available.

Date	Movie	Description
Wed. April 4th 6:30 p.m.	<u>Thoroughly Modern Millie</u>	Starring Julie Andrews, Mary Tyler Moore, James Fox and Carol Channing, this Oscar-winning musical comedy combines action, romance and melodrama set in the Roaring Twenties. This movie inspired the Broadway production. (1967 - 152 minutes)
Wed. April 4th 6:30 p.m.	<u>Esther & the King</u>	Joan Collins and Richard Egan star in this Old Testament Biblical story taken from <u>The Book of Esther</u> . (1960 – 110 minutes)
Wed. April 18th	-----	No Movie due to Council Meeting
Wed. April 25th 6:30 p.m.	<u>Temple Grandin</u>	Clare Danes, Catherine O’Hara and Julia Ormond star in this award-winning biography about Temple Grandin, an autistic woman who scientifically changed the humane handling of livestock. (2010 -107 minutes)

Stewardship Sunday April 22, 2018

Please join us April 22 to celebrate who we are as a church by rededicating ourselves to the coming year with our time and talents. We will be recognizing those who have given their time and talents in the past year, as well as expressing what First Congregational Church means to us. We hope you will all join us for a luncheon following worship.

FRIENDSHIP MANOR BOARD

If you would be interested in serving on the Friendship Manor board for a three-year term, please contact Susan Olson at kelloolsn@msn.com or 801-532-3809. Friendship Manor is the apartment building for seniors and persons with disabilities that First Congregational Church and three other congregations founded 51 years ago. The building has a roughly equal number of federally subsidized and market-rate apartments, bringing together residents across economic and religious differences. Each congregation has four members on its board of trustees. The board meets bi-monthly, normally on the fourth Tuesday at 5:30 p.m. in January, March, May, July, September, and November. The current trustees from FCC (Susan Olson, Ruth Ann Smith-Matsuo, Vickie Brunstetter, and Betsy Jones) would be happy to provide more information. Friendship Manor votes on new and reappointed members at its May meeting, so the representatives must be identified slightly before FCC's Annual Meeting.

April 2018

April 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 EASTER SUNDAY Easter Egg Hunt following service for the young and young at heart Camp Sunday	2 AA Meeting 6:30pm Fireside Room	3 Trustees Meeting 7pm Deacons Meeting 7pm Kristi Out of Office	4 Men's Breakfast 7am Community Night 6:30pm Kristi Out of Office	5 Choir Rehearsal 7pm Book Review @1:30pm	6	7
8 Communion CE Meeting @10am Outreach Meeting Following Worship Adult Sunday School 12:30pm	9 AA Meeting 6:30pm Fireside Room Ministers Convocation	10 Ministers Convocation	11 PEO Meeting Fireside Room 11am – 2pm No Community Night Marijke Out of Town Ministers Convocation	12 Book Review @1:30pm Choir Rehearsal 7pm PEO Meeting 6:30pm – 9:30pm Fireside Room/ Kitchen (Diane Simons) Ministers Convocation	13	14 Garden of Grace Spring Clean Up Day @9am - Noon
15 Adult Sunday School 12:30pm	16 AA Meeting 6:30pm Fireside Room	17 Membership Board Meeting @7pm	18 Council Meeting 6:30pm Clarion Deadline	19 Book Review @1:30pm Choir Rehearsal 7pm	20	21
22 Stewardship Sunday Luncheon Following Worship	23 AA Meeting 6:30pm Fireside Room YACP Concert Rental Whole Building 4 to 9pm	24	25 Community Night 6:30pm	26 Book Review @1:30pm Choir Rehearsal 7pm	27	28
29 Sandwich Making Following Worship Serving Dinner at St. Vinny's Please see Bulletin Board for Information	30 AA Meeting 6:30pm Fireside Room YACP Concert Rental Whole Building 4 to 9pm	Morning Brew 9:30am Each Sunday Traditional Service 11am Each Sunday				

May 2018

May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Trustees Meeting 7pm Deacons Meeting 7pm	2 Men's Breakfast @7am Community Night @6:30pm	3 Choir Rehearsal @7pm Book Review @1:30pm		
6 Camp Sunday Noisy Buckets Outreach Meeting Following Worship Adult Sunday School @12:30pm	7 AA Meeting @6:30pm Fireside Room		9 Community Night @6:30pm	10 Choir Rehearsal @ 7pm Book Review @1:30pm		
13 Communion Mother's Day CE Board Meeting @10am Adult Sunday School @12:30pm	14 AA Meeting @6:30pm Fireside Room Membership Board Meeting @7pm		16 Council Meeting @6:30pm Annual Reports Due in Final Form Please Email them to the office Clarion Deadline	17 Choir Rehearsal @7pm Book Review @1:30pm Kristi Out of the Office	18 Kristi Out of the Office	
20 Sunday School and Choir Appreciation Adult Sunday School @12:30pm	21 AA Meeting @6:30pm Fireside Room		23 Community Night Safety Night @6:30pm	24 Choir Rehearsal @7pm Book Review @1:30pm		
27 Adult Sunday School @12:30pm	28 Memorial Day AA Meeting @6:30pm Fireside Room		30 Community Night @6:30pm	31 Choir Rehearsal @7pm Book Review @1:30pm	Morning Brew 9:30am Each Sunday Traditional Service 11am Each Sunday	

FIRST CONGREGATIONAL CHURCH

2150 S. Foothill Drive

SLC, Utah 84109

April 2018

ADDRESS SERVICE REQUESTED